

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

MARCH 6, 2012 VOLUME 3 NUMBER 11

Maple Sugaring... A Sure Sign Of Spring

By Marianne L. Kelly

"I just love the smell of syrup while it's boiling," said Linda Stoddard, who along with husband Bob owns the Blackmount Maple Farm in North Haverhill. "Bob started the business 50 years ago while still in high school," she added.

Blackmount Maple Farm produces 100-125 gallons of pure maple syrup each year and sells it at their farm and at Windy Ridge Orchards. They tap about 1,000 trees per year using a modern tubing method and are planning an expansion.

ROOTS

Maple sugaring has a long tradition in Vermont and New Hampshire. According to an old Iroquois legend, a hunter returning home smelled something enticingly sweet over the open fire where his mate was boiling meat for their meal. This fluid, he later discovered came from sap that had been collected from a broken maple limb.

The Indians did not have the modern technology that today's maple producers enjoy, but theirs was for per-

sonal use as opposed to market profits. They made their sugar by cutting a slash in the maple tree and collecting the sap that dripped out. They hollowed out logs, filled them with the fresh sap, and then, added white-hot fieldstones that caused the syrup to boil. They boiled the sap through the syrup stage and ended with crystallized sugar that did not spoil when stored.

When the first European settlers reached American shores, the Indians traded their maple syrup and eventually taught them how to make their own. The settlers first adapted the Indian method of sugaring and later bored holes in the trees, inserting wooden or metal spouts and using metal buckets to catch the dripping sap.

The buckets of sap were carried on a shoulder yoke and poured into a heavy kettle attached to a pole over an open fire. The resulting product was extremely dark with the flavor of bark and ashes. These settlers made more sugar than syrup for the same reason as the Indians.

Maple sugar was the primary sweetener in the United States through the 1800s, and remained so until the cane sugar industry began in the Caribbean islands, making maple syrup more of a delicacy than a staple.



SUGARING IN THE NORTH COUNTRY

In the past sap, the resulting syrup and other maple products were made primarily for personal use. When it became impractical for people to make syrup for themselves only, they went into business and sold it to local retail businesses and individuals. They tapped their trees and drove sleds pulled by horses and oxen into cold, snowy woods, and collected the sap in large metal tanks. About this time sugar houses equipped with newly invented evaporator pans that allowed more quality control, sprung up over sugaring areas. Large billowing clouds of smoke of boiling sap signaled the start of sugaring season.

A few folks still use this method of gathering and boil-

ing, but most have modernized their operations and use plastic tubing that conducts the sap from the trees to a central tank, where it is collected and trucked into the sugarhouse for processing.

Vermont is the nation's leading producer of pure maple syrup, with New Hampshire a close second. Many sugarhouses are open to the public during the season where they can watch the sap being boiled into pure maple syrup, taste some sugar on snow and, of course take some delicious syrup home. Those wanting to learn more can visit the New England Maple Museum in St. Johnsbury, VT.

Of all the wonderful, enticing flavors in the world, nothing quite compares to the flavor of pure maple syrup.





Locally Owned And Operated
Appetizers • Steaks • Seafood • Vegetarian

Live Music Every Saturday At 7pm
March 3 Randy Messineo
March 10 Nicky Chig
March 17 Matt Teller



Bring in this ad and receive a **FREE** dessert with any entrée ordered!
LIMIT 2 PER TABLE PER VISIT • EXPIRES 3/31/12

603-444-2661
www.thebealhouseinn.com
2 West Main Street • Littleton, NH 03561

BUYING
GOLD • SILVER • PLATINUM
Silver & Gold Coins (Collections)
Silver Plated Items: Paying \$1.00/Pound
OLD COIN & JEWELRY SHOP
10 Eastern Ave • St Johnsbury, VT 802-748-9174 • Tues - Sat 10-5

\$55

FULLY DESIGNED FULL COLOR
BUSINESS CARDS

1,000
MINIMUM ORDER
PREPAY ONLY

603-747-2887
or email gary@trendytimes.com

MAPLE OPEN HOUSE WEEKEND
will be March 24 & 25.
This is the Eleventh annual event in Vermont while New Hampshire will be officially celebrating for the 17th consecutive year.
Many local sugar houses take part in this weekend.

LITTLETON food coop
 Open Daily 8am - 8pm
 Located at the corner of Cottage Street & Route 302
 www.littletoncoop.org
 (603) 441-2802

Satisfy all your food and grocery needs at the Littleton Food Co-op. We feature high quality products with a focus on local & fresh goods.

 Taste the Difference!



General Auto Repair
TOM GEORGE
 FRAME WELDING • RUST REPAIR & REMOVAL
 Tires • Tune-ups • Brakes & Exhaust
 NH State Inspections
603-747-3075
 65 Smith St • Woodsville, NH 03785
 tomgeorge@charterinternet.com



Tory is still here... and styling!
 Make an appointment or stop in to see Donna or Tory!

SHEAR ANIMAL
 Styling Salon & Serenity Day Spa

603-747-2818
 187 Central St, Woodsville, NH
 Wednesdays 3pm-6pm: Men's Cuts \$10



details
 INTERIOR FASHIONS

Happy 2012!
 Cellular shades by:
 Comfortex
 HunterDouglas
 GRABER

Clip & Save Coupon
\$50
 for cellular shades

One coupon per household
 Offer expires 3/15/2012

249 Main Street • Littleton, NH • 603-444-7444



A.L. Boutin & Sons
 Logging & Tree Service

Firewood Sales • Free Estimates • Fully Insured

603-359-0495
 Pike, NH 03780
 Adam, Kyle, Tristan, Collin



Cheap Kids

499 Route 10
 Orford, NH
603-353-9212

Wednesday thru Saturday
 9:00 to 3:00

A wonderful selection of
 Children's sizes 0-14
 and Maternity Wear



On Facebook? Become a Cheap Kids fan!
www.cheapkidsclothingnh.com

 "definitely worth the trip"



Merging Worlds

By Rebecca Ladd

Deep in the heart of a mountain in Haiti lays the village of Boily. The people of Boily have a 5.5 hour walk, over dusty trails and rocky roads to get to the nearest market or medical care; to get to what we would call civilization. The villagers, of whom there are about 800, live off the land, gardening and raising livestock.

In Boily is a woman named Redaline, she is 63 years old and her years of toiling in the rocky mountain soil show. Redaline raised all eight of her children by working the land. Two of her children ages 16 and 19 still live at home with her, along with her ten year old granddaughter. As with most Haitian families they continue to work together to support each other financially even after a child moves out and marries. Redaline reminds me of many old school New England farmers I know. She could find an easier way to live, but she loves her land. Her heart, her soul, her everything is in her land. She loves to garden on her land, seeing her hard labor turn into watermelons, pumpkins, tomatoes and plantain and her live stock of which she has very few, stay healthy

and productive.

My close friend here feels this way about her land. She works it, cares for it and loves it. Her land is another appendage, without it she would be lost; she would not be the wonderful person she is. I spend hours talking with her about gardening. We discuss the weather related to cutting hay and when to fertilize the fields. We talk of her land and livestock as we would a child, which needs to be cared for and tended. I know that if my Creole was better Redaline and I would have these same discussions. Her passion for her land was explained to me by her son, who has tried to get her to slow down, to lease some of her property to someone else to work. Redaline loves what she does and won't let anyone else work her land.

Lately things have been very difficult for Redaline. The work is getting more difficult for her and the soil is producing less, partly due to a severe lack of rain over the past eight months. She has to consider the distance to the market when she decides how much to plant, this distance greatly impacts her decisions. Have not spoken

directly to you the reader about what I do in Haiti. I am going to take the time to do it now. I help people start micro businesses; businesses that help a family realize a future. A business that helps them live a better life, a life out of poverty. I would like to give Redaline and her family a hand up, by helping them to start a business. For \$800.00 we can help them purchase a herd of goats. With ten female goats and two males they can start to make money the following year by selling the male offspring. This money will allow them to put food on the table, further their educations and receive medical care. On March 10th at the Piermont Congregational Church I am holding an all you can eat pancake breakfast to raise money for Redaline's business. I would be honored to have you there! Come fill your stomach, learn about what I do in Haiti and support Redaline's family move out of poverty. I hope to see you there. Please feel free to contact me about this or to engage me to speak to your group or organization. My number is 603.728.8949. www.bercyhaitiandbeyond.wordpress.com

The Best Advice I Ever Got (Almost)

By Sheila Asselin

When I told her I was getting married my grandmother offered to give me good advice. Her secret for a happy marriage. Expecting some dark sexual secret I could hardly wait. The topic of sex never crossed her lips but I was almost sure it had crossed her mind. After all she did have four children. Imagine my surprise when she said "The secret to a happy marriage is keep a clean house"!

Having led a hard life physically she did not suffer whiners or hypochondriacs. Unless you were gushing blood or something was broken you got no sympathy from her. To add insult to injury she would offer to call a doctor for you. She gave you your choice. Did you want Dr. Carscaddon or Dr. Snodgrass? These really were their names. Would I make this up? Both were equally

competent. The joke was that these good doctors, Snodgrass and Carscaddon were our local veterinarians!

Always dust under the bed at the first sign of a fuzz ball. If you do not one will become ten by morning and it is all downhill from there. Why do you think they call them "dust bunnies"?

Inspired by her advice I decided to clean the refrigerator. I discovered a grey-green gelatinous mass in a Tupperware container. The bad news is I could not positively identify it although I knew it was either animal, vegetable, or mineral. That narrowed it down a lot. The good news is I think I have found the source of the eboli virus. Medical science will thank me.

Toward the back was a sippy cup half full of apple juice with the name MIKEY written on it. The only prob-

lem is Mikey is now a freshman in college.

What's with all these tiny packets of condiments saved from take out meals? There must be 100 of them. I know there are people starving in North Korea and Detroit. Ronald Reagan famously cited catsup as a vegetable but I wonder how many packets of mustard, soy sauce, catsup, pickle relish, grape jelly, or mayo constitute a meal. I would gladly donate them if I thought it would help.

Grandma is gone now to her just reward. Gone to glory. To that land where the dishes are always clean, the floors always mopped, and laundry always done. Because of her I have a semi-clean, semi-neat, could-be-a-whole-lot worse house. More importantly I have a happy marriage. Thank you Mama Moore for everything.

Scholarship Available For Summer Camp Fun

Grafton County Conservation District is seeking applicants for the Jim Page Conservation Scholarship. This is a great opportunity for a lucky student who wants to attend a summer conservation camp! The scholarship will be awarded to a resident of Grafton County attending a camp based in conservation, natural resources or environmental education. The District will award a Jim Page Conservation Scholarship of \$300.00 to a deserving student of Grafton County towards a 4-H Camp or conservation camp experience. The application is easy to complete – just write a paragraph about why you want to attend camp! Recipients should be prepared to speak to the Grafton County Conservation District or a peer group (4-H, school) about their camp experience. Contact Pam Gilbert at Grafton County Conservation District, 603 353-4652, ext. 103, for application and information. Applications must be received at Grafton County Conservation District by April 15, 2012.

The Jim Page Conservation Scholarship Fund was established by Grafton County Conservation District in honor of Mr. Page's commitment to resource conservation. Jim Page was a life-long resident of Grafton County, and served his country as a geologist for the U.S. Geodetic Survey, and as a staff sergeant during World War II. He returned to Benton in 1950 where he established and managed Page Hill Farms on land settled by his great-grandfather. Jim served his community as Selectman, Moderator and Planning Board member. He was also active in land and forest conservation and was instrumental in developing a comprehensive land use plan for Grafton County through the Grafton County Conservation District. Jim was a District Supervisor for 20 years. Grafton County Conservation District accepts donations to the Jim Page Conservation Scholarship Fund solely for the purpose of distributing conservation scholarships.

Conservation Stewardship Booklets Available

Grafton County Conservation District (GCCD) is offering natural resource conservation stewardship materials to Grafton County fifth-grade students for

FREE! Each year the National Association of Conservation Districts (NACD) prepares educational materials based on a natural resource conservation theme. The theme for 2012 is Soil to Spoon! Any fifth-grade level school group or community group (scouts, 4-H, etc) may receive educational booklets for free, thanks to GCCD's commitment to fostering natural resource conservation in the next generation. In addition to the student educational booklet, we will also provide an educator guide with learning activities for teachers or leaders to use. The student booklet and educator guide contain activities to encourage students to think about our natural environment, how we get our food, and how our daily activities affect the world around us. Our food supply depends on healthy soil and clean water. Conservation stewardship calls for each person to help conserve these precious resources.

If a Grafton County fifth-grade group would like to re-

ceive these materials, please notify the Conservation District by March 23, 2012 by phone: (603) 353-4652, ext. 103 or email: pamelagilbert@nh.nacdnet.net. We will order the materials developed by NACD to encourage good stewardship of the soil, water, wildlife and all natural resources. In order to have adequate materials we will need to know the number of teachers or group leaders, the number of students participating for each group, and the correct mailing address. We will forward the materials to your school or community group when they arrive.

This electronic message contains information generated by the USDA solely for the intended recipients. Any unauthorized interception of this message or the use or disclosure of the information it contains may violate the law and subject the violator to civil or criminal penalties. If you believe you have received this message in error, please notify the sender and delete the email immediately.

WANTED!

Members To Join Our Woodsville LEC Group (Local Energy Committee)

Would you be interested in learning how to reduce your heating and cooling bills?
Would you be willing to implement an energy efficiency program at little or no cost to you and share your knowledge with others?
We are looking for people who believe that changes in town, state, and federal government, need to start with us.
If you are interested in making a difference in our community, call Lauren at 603-747-3839.

Casino Night

Saturday, March 10, 2012
5:00 PM – 9:00 PM
Moose Lodge #1779
2388 Portland Street, St. Johnsbury

\$25 ENTRY FEE AT THE DOOR INCLUDES
Hors D'oeuvres, Door Prize Entry (iPad) & \$20 in Casino Cash!
Play Blackjack, Roulette, Let-it-Ride and Chuck-a-Luck.
Use Casino Cash at auction at end of night.
Also \$10 Blackjack & \$20 Poker Tournaments,
plus Cash table for Texas Hold Em Poker.

PROCEEDS TO BENEFIT THE TOMMY MOOSE PROGRAM
For info call: Valerie Carr 603-788-4055 / 603-616-3903
or Nancy Lovett 802-473-3044

Delivering peace of mind *in winter.*



"I had run out of oil and the company that I used would not come without an 'off day' delivery charge. Within 1 hour I had heat [from Dead River Company]! All I can say is wow! I will never use another heating company again."
—Angela in North Haverhill

"I am especially pleased at the peace of mind you have delivered to me. That is the best product you supply."
—Carol in Woodsville

Winter after winter, storm after storm, homes and businesses throughout the North Haverhill area turn to their local, family-owned business—Dead River Company—for the most dependable propane and heating oil delivery and service.

Your comfort and peace of mind are our top priority. That's why you have our guarantee to always have the fuel you need when you need it.

Call us today to learn more about our **\$100 new customer offer*** and to experience our long-standing tradition of caring for customers and unrivaled reliability.

*Offer applies to new residential automatic delivery central heat accounts only. Contact Dead River Company for details.

Delivering on A promise.™



North Haverhill, NH (603) 787-2088 • 1-800-788-3002
www.deadrivernh.com

Backyard Poultry Flock Management

UNH Cooperative Extension will be hosting a Backyard Poultry Flock Management workshop on Wednesday, March 21, 2012, 6:00pm to 8:00pm in the Conference Room at the UNH Cooperative Extension Office in North Haverhill.

Whether you have an existing flock or are thinking of raising chickens for the first time, join Heather Bryant, Agricultural Resources Extension Educator, to learn more about poultry housing needs, coop designs, poultry health, feed require-

ments, broilers, layers, breed selection, and marketing eggs.

To register to attend this free workshop, please contact the UNHCE office at Grafton@ceunh.unh.edu or 603-787-6944. Note: Youth with an interest in the subject are invited to attend with an adult.

For any special arrangements including physical access, or other accommodation requests, please contact Heather Bryant, Extension Educator, at 787-6944. Ten working days are needed to facilitate special needs requests.

UNDER COVER TENTS
Party Rentals
BRADFORD VT 802-222-5601
undercover-tents.com
Now Is The Time To Call
About Your 2012
Wedding or Special Event!

White Mountain Trader
21A Central Street - Woodsville NH
OPEN NOON TIL 5 WED-THURS-FRI-SAT
***** ALWAYS BUYING *****
GOLD and SILVER JEWELRY AND COINS
STORE ADVERTISING ITEMS - BOOKS
CIVIL WAR ITEMS - AREA MEMORABILIA
POSTCARDS - FOSSILS - WATCHES
THIMBLES - TRILOBITES - KNIVES
POSTERS - SILVER DOLLARS - SIGNS
WHEAT PENNIES and WORLD COINS
DEGREERREOTYPES - RAILROAD ITEMS
STEREOPTICS and GLASS NEGATIVES
EXPERIENCE IS 62 YEARS ENOUGH?
603-747-4025

Top Of The Hill Ceramics
Paints, Ready to Paint Pieces & Painted Pieces For Sale
CLASSES
Wednesdays
10:00 am - 12:00 Noon
CALL TO HAVE A
CERAMIC BIRTHDAY PARTY!
198 Central St. • Woodsville, NH 03785
Shop 747-3686 • Evelyn 787-6273

NYSTROM SURVEYING AND MAPPING
BOUNDARY SURVEYS - SUBDIVISIONS
STATE AND LOCAL PERMITTING
LEEANN NYSTROM
N.H. LICENSED LAND SURVEYOR #983
NYSTROMSURVEYINGANDMAPPING.COM • LENYSTROM@HOTMAIL.COM
PHONE: 603-787-9029 • CELL: 603-454-4980
156 ALLAGASH ROAD • NORTH HAVERHILL, NH 03774

BLACKMOUNT EQUIPMENT, INC.
FARM & GARDEN
603-787-6311 • 603-787-6954 FAX
NO. HAVERHILL, NH 03774
20TH ANNUAL Spring Chick Orders
Jumbo White Cornish Cross Meat Birds \$1.15 each
Golden Reds (Great Layers) Pullets \$1.80 each
Rhode Island Reds Pullets \$1.80 each
Barred Rocks Pullets \$1.80 each
Turkeys White \$3.95 each
ORDER NOW THROUGH MARCH 30TH
Estimated Chicken Shipment
End of April / First of May
Estimated Turkey Shipment - First of July

Legs

By Elinor P. Mawson

You have already read about my mother's remark about traveling with good legs. She knew whereof she spoke! Because of a family history and hard work as a young person, she developed arthritis in her twenties. It was amazing to me to find out that other kids' mothers didn't walk with a limp.

When she was 48, she had her first hip replacement. She was in the hospital in a body cast for a month and walked with an Australian crutch from then on. It never slowed her down. She did her housework, took care of the gardens (both vegetable (huge) and flower.) She even moved from a 16 room house

to an 8 room house 2 states away in the middle of the winter, and I never heard her complain.

After a couple more moves and huge amounts of house restoration, she had her second hip replacement. It was a disaster, and she had to have it re-done 3 months later. While in the hospital recovering from that surgery, she decided to have a knee replacement (on the other side), and came home, minus any Physical Therapy and went about her business.

When she was 55, she went back to teaching after a hiatus of 30 years. Although times had changed drastically in the interim, she didn't miss a beat.

She named her crutch Catherine, and went to work, did playground duty, and got all her students to do anything she asked of them. There was never a disciplinary problem because she could speak the language of even the naughtiest child. Everyone loved Catherine, and begged to "babysit" her. And someone was always stumping around the room with my mother's crutch in hand.

After another move and another house restoration--this time in her mid-seventies- she underwent her third hip surgery. This too, was a disaster since her pelvic bone was paper thin and

nothing more could be done. So she came home to a wheelchair, which she was to use the rest of her life.

Although all the doorframes were scratched, she loved her house and lived alone in her chair; she could transfer by herself and she had a caregiver who did her shopping and made her meals. In her mid-eighties she went blind quite suddenly; this, to her, was much worse than not walking. In fact, she said her most comfortable years were when she became wheelchair bound. Not being able to see took a lot more getting used to, but with the help of the Association for the Blind and books on tape, she soldiered on.

My mother died at 93.

I dream a lot, and my most recurring dream involves my mother. She is wearing high heels and is going up and down the stairs like everyone else. Sometimes she is wearing sensible shoes and taking us on a picnic in the woods. She is driving a model-t and using all the pedals. And she is walking just like you and me.

In my dream, I am saying, "Should you be doing that?" or "Do you want Catherine?"

I never get an answer from my mother. But even in my dream it is good to see her pain-free and getting around like I never had seen her before.

St. Luke's Episcopal Church
5 Church Street
Woodsville, NH
Schedule of Services
Sunday: 10:00 am
Holy Eucharist and
Children's Corner

**Spring Has Sprung...
Time to get your roof done!**

"Wheeling Pittsburgh Steel, Feel The Strength"®



Asphalt Shingles
Up to 1,000 Sq. Ft.
\$4,350 Installed



Metal Roofing
Up to 1,000 Sq. Ft.
\$5,390 Installed

Asphalt & Steel Roofing To Meet Your Needs

Budget Terms Available

**Call The Roof Guy, LLC Today
603-667-7451 or 603-747-3187**

Don't Rescind The Local Sludge Ordinance

By Caroline Snyder Ph.D.

At Town Meeting, Haverhill citizens should reject the warrant article asking them to rescind their local sludge ordinance. The current local ordinance only applies to Class B sludge and specifically exempts Class A sludge, so local sludge generated in Woodsville, which contains virtually no industrial waste, can legally be applied in Haverhill. Rescinding the current protective ordinance and adopting the inadequate state regulations, could result in seriously and permanently damaging ground water, soil, livestock and devalue land.

The Federal Clean Water Act defines sewage sludge--(aka biosolids--as a pollutant. Biosolids quality depends on what industries discharge into sewers. 82% of land applied sludges are generated in industrialized urban centers. Such sludges contain a vast array of unmonitored and untested industrial chemicals, solvents, pharmaceuticals, detergents, hospital waste, superfund leachates, some of which are toxic and persistent, can leach into

ground water or be picked up by food crops.

The most recent national survey, testing biosolids samples from 74 sewage treatment plants that treated at least a million gallons of wastewater a day, found 27 metals, flame retardants, steroids, pharmaceuticals, antibiotics, polycyclic aromatic hydrocarbons, phthalates and many other contaminants in almost all samples.

Of the 600,000 chemical compounds in commerce today, most concentrate in biosolids. This survey covered only a few hundred. Only one sample was taken per facility, even though sludge quality can vary tremendously from hour to hour and day to day, depending on what an industrial user discharges at a particular time.

Under current New Hampshire and federal regulations a site can be spread repeatedly with sludge until persistent pollutants have accumulated to such high levels that many crops will no longer grow in the contaminated soil. Other crops will experience a 50% yield

reduction. This can happen any time between 25 to 50 years, depending on the soil, sludge quality, and the application rate. Meanwhile, if neighbors, animals, or drinking water are impacted, the land owner or farmer is liable for damages.

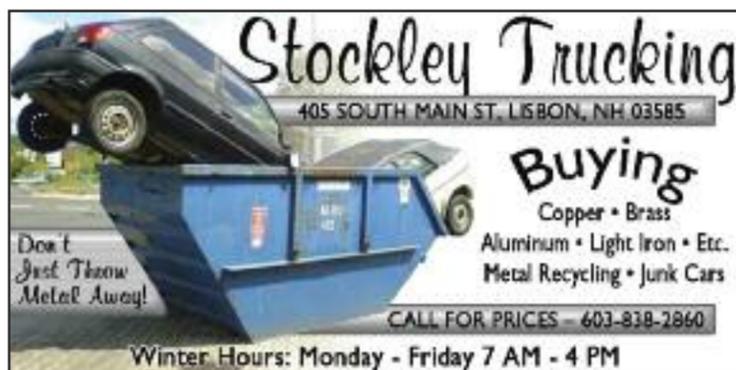
Towns not only have the right, but the responsibility to do what the current state rules do not do: protect their natural resources now and for future generations. Once a local ordinance is rescinded, a town loses all control of where the sludge comes from, what it contains, and how, where, and when it is applied.



Bradford Sports
Equipment & Apparel

Barton Street
Next To Colatina Bakery
In Bradford
Tues - Sun 10am-5pm

Time to think about your pre-orders!
We carry a full line of equipment and uniforms for Baseball, Softball & Lacrosse!



Stockley Trucking
405 SOUTH MAIN ST. LEBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

CALL FOR PRICES - 603-838-2860

Winter Hours: Monday - Friday 7 AM - 4 PM



Hood's Plumbing and Heating Inc

Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning

24-Hour Emergency Service For Our Customers

Free Estimates

CHRIS DELLINGER
NH 2712 • VT PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Baverhill, NH

Give Us A Call!



C. Ainsworth Trucking & Excavation

FOR ALL YOUR SITE WORK NEEDS - BIG OR SMALL
Water, Septic Systems, Cellar Holes,
Driveways, Roads & Land Clearing
PLUS: Sand, Gravel, Stone, Staymat & Top Soil
Over 25 Years Experience

FREE ESTIMATES
802-584-3262 • wedight@fairpoint.net
3341 South Bayley-Hazen Road • Wells River, VT 05081



Robert's Thrift Store

Orange Tagged Items: 10¢
Red Tagged Items: 1/2 Price
All Winter Clothing: 1/2 Price

Daily Specials - Every Day Something Different
Located Under The Post Office In Bradford • 802-222-5001



HDTV Plasma & LCD Flat Screen TV's

Several Sizes Available

Prompt & Professional Repair Service On All Brands of TV's, VCR's, Stereo Systems, Guitars, Amplifiers & Professional Audio

Authorized Panasonic Repair Center

BYRNE ELECTRONIC
802-748-2111 • Eastern Ave • St. Johnsbury, VT

Factory Authorized Warranty Service Center And Parts Dealer For Fender Amps

We also repair other amps, PA's and sound systems.

We Fix Flat Screen TV's

Be A Statistic:

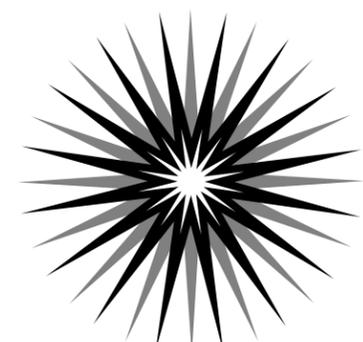
Picture this: You have purchased a new home in half the time you expected. You are settled in and enjoying the benefits of your monthly paycheck now being invested in something tangible - YOUR home, YOUR property. You are no longer a renter. You can now enjoy peace of mind knowing your realtor covered all 7 of the laws governing your transaction, and that you are in complete compliance.

If you are thinking of buying or selling property, Century 21 Winn Associates can help you navigate through any real estate transaction - safely. Call a licensed agent today.



WINN ASSOCIATES, REALTORS

WINN ASSOCIATES, REALTORS®
69 Meadow Street, Littleton, NH 03561
603-444-7781 or 1-800-998-7781
info@century21winn.com
Visit us on the web at www.century21winn.com



EVENTS★INC

CUSTOM EVENTS
for
A DISCERNING CLIENTELE

www.eventsinc.net



Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SUNDAYS

CRIBBAGE TOURNAMENT

1:00 PM
American Legion Post #83, Lincoln

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill

MONDAYS/THURSDAYS

NORTH COUNTRY YMCA AEROBIC FITNESS CLASS

6:30 PM
Woodsville Elementary School

WEDNESDAYS

BINGO

6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

TUESDAYS

FEBRUARY 21- MARCH 27

POWERFUL TOOLS FOR CAREGIVERS
5:00 PM – 6:30 PM
Department Of Health Conference Room 107
Eastern Avenue, St Johnsbury

THURSDAYS

MARCH 8 – APRIL 5

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center, North Haverhill

TUESDAY, MARCH 6

**VT TOWN MEETING DAY AND
PRESIDENTIAL PRIMARY**
Check Your Town For Times
And A Ballot Box Near You

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 7

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Woodsville Guaranty Savings Bank, Woodsville

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Clifford Memorial Building, S. Court St, Woodsville

SATURDAY, MARCH 10

ALL YOU CAN EAT PANCAKE BREAKFAST
7:30 AM – 10:00 AM
Piermont Congregational Church

ROAST BEEF DINNER

5:30 PM – 7:00 PM
United Congregational Church of Orford, Main St

6TH ANNUAL KALEIDOSCOPE OF TALENT

7:00 PM
Spaulding High School Auditorium, Barre

COOKEVILLE CAFE MUSIC & TALENT SERIES

7:00 PM – 10:00 PM
Corinth Town Hall, 1387 Cookeville Road

SUNDAY, MARCH 11

ANNUAL ANTIQUE APPRAISAL FAIR
1:00 PM – 4:00 PM
Oxbow High School, Bradford

GRAFTON COUNTRY REPUBLICAN COMMITTEE MONTHLY MEETING CLIFF HURST, CANDIDATE FOR NH STATE COMMITTEE VICE CHAIR

2:00 PM – 4:00 PM
Haverhill VFW Hall, North Haverhill

CRIBBAGE TOURNAMENT

6:00 PM
Masonic Hall, 1938 Waits River Rd, Bradford

MONDAY, MARCH 12

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 13

NH TOWN MEETING DAY
Check Your Town For Times
And A Ballot Box Near You

WEDNESDAY, MARCH 14

VANISHING OF THE BEES
6:00 PM
Bradford Public Library

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

SATURDAY, MARCH 17

GROTON GROWERS COMMUNITY MARKET
10:00 AM – 2:00 PM
Groton Town Hall Gym

SUNDAY, MARCH 18

**ABOVE THE NOTCH HUMANE SOCIETY
FOOD TASTING EVENT**
3:00 PM – 6:00 PM
White Mt. School, Bethlehem
See article on page 9

TUESDAY, MARCH 20

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

WEDNESDAY, MARCH 21

BACKYARD POULTRY FLOCK MANAGEMENT WORKSHOP

6:00 PM – 8:00 PM
UNH Extension Service, North Haverhill
See article on page 4

SATURDAY & SUNDAY

MARCH 24 & 25

MAPLE OPEN HOUSE WEEKEND
A Participating Sugar House Near You
See article on page 1

MONDAY, MARCH 26

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

SATURDAY, MARCH 31

WILD & SCENIC FILM ENVIRONMENTAL FILM FESTIVAL

6:00 PM
Red River Theatres, Concord
See article on page 11

MONDAY, APRIL 2

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River

TUESDAY, APRIL 3

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

EAT WELL & BE WELL VEGAN COOKING MADE EASY, PART 2

6:00 PM – 7:15 PM
Seventh-Day Adventist Church, St. Johnsbury

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, APRIL 4

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

MONDAY, APRIL 9

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, March 15th for our March 20th issue.

In Vino Veritas – Bottle Two

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Regular TRENDY TIMES readers know that in this space we have covered - what wine is and how it is made – fermentation - how to get the wine you want anywhere you want it and anytime you want it - what genuine Champagne is and how Sparkling Wines are different and similar

See all the fun and knowledge you've missed if you haven't caught the previous issues? You can still catch up by reading previous issues of TRENDY TIMES on line at www.trendytimes.com

More questions about wine -

WHY ARE WINES CALLED WHAT THEY ARE – IT'S CONFUSING It is confusing, but it is even easier to be clear about how wines are named. Finish this chapter and you can begin to sound like a pro.

Wines made in Europe, France in particular, are typically called by the geographic region where they are produced. You've heard some of these names, these geographic areas all your life. Champagne, for example, comes only from a specific geographic area in the northern part of France called Champagne. All the rest of those other bubbly wines are just “sparkling wine”, as good as some of them are.

You also recognize a wine name called Burgundy, from the central region in France called Burgundy. Burgundy can be red or white, by the way. Another of the “B” wines is Bordeaux, some of the most full-bodied red wines made and it is produced in the same-named area of southwestern France. And the third famous “B” wine is Beaujolais, (bo-zho-LAY) - the delicious light fruity red wine made... that's right, in the area of France called Beaujolais. It's an easy rule to remember.

SO, WINES IN FRANCE ARE NAMED AFTER THE PART OF THE COUNTRY THEY ARE PRODUCED IN. HOW ABOUT WINES MADE IN AMERICA, HOW ARE THEY NAMED? After grape types, or varietals.

What's a varietal? Another way of saying “grape type”. One of the most famous red wine grape types, or varietals, is Cabernet Sauvignon – (ca-bair-NAY saw-vin-NYAWN)

and that is also the name of the wine, from California, Oregon, Washington State. Lotsa times people just call it “Cab”. Another famous red wine varietal is called Merlot (mare-Low) and you can guess what that wine is called.

Most wines everywhere happen to be blends of various grape types, but the wines in America are usually named for the predominate grape in the blend. I drank a wine the other day that was a blend of two major grape types. Sometimes such blends are referred to as “meritages”, and all it means is that there is a substantial percentage of more than just one grape type in the wine. The label on the bottle will tell you just exactly what amount of what grape is in the wine. What I drank recently was called “Chardonnay/Chenin Blanc”, 51% and 49% respectively. It was pleasing, a little dry and a little sweet at the same time. So, of course there are the white grape varietals, like Chardonnay, pronounced just the way it looks, which makes a dry white wine called just that – Chardonnay. Sometimes people just call it “Chard”. And you've heard of the varietal called Riesling - that is what the sweet wine made from it is called too. The Pinot Grigio grapes produce a crisp white wine by that name. Other red wine varietals and

the wines made from them include Zinfandel and Syrah, and my favorite, Pinot Noir.

How about other countries, how do they name their wines, by geographic area or by grape type? Sometimes, it is a combination of both, and yes, this can be confusing. It makes you pay attention, if you care to learn.

Wine naming and labeling laws differ from country to country. The Germans are renowned for having the most precise labeling and naming guidelines in the world, and the Italians for having the most bizarre. This is where “proprietary” naming comes in – “proprietary” means the people who make the wine can call it anything they like, especially in Italy. Crazy, those Italians, crazy about wine, and they make some of the best in the world and a lot of it. They don't have to name the wine for the geographic area it is grown in, and they don't have to call the wine after the grape it is made from. Sometimes the labels reflect both place-name AND grape type, and sometimes they reflect neither.

This is the best argument I can think of for you to go to the trouble to have a pen and paper at the ready every time you drink wine, any wine, from anywhere, in any restaurant or in your own



home. You could even do this note-taking job these days on little hand-held computers I know. More experienced wine tasters call this process “tasting notes”. Everything you drink you will like OR not like, or something in-between.. Write the name down. Make a note that you like it or don't. Write down in just a few words why you like it or don't like it.

Are you kidding with this writing things down process, making a note or two? Not really. If you want to learn, you need to take notes unless you have a photographic memory. It's easy. Do it like this.

EXAMPLE ONE – “Drank some German Riesling tonight - it said ‘Piesporter Michelsberg Spatlese’ on the tall green bottle. Didn't like it. Too sweet.” You probably

won't drink that again, won't waste your money on it.

EXAMPLE TWO – “Drank some American Cabernet Sauvignon red wine today – it said ‘Beringer’ on the bottle. Didn't like it. Too dry.” And you probably won't drink that again, not waste your money

HOW ABOUT THIS THIRD EXAMPLE – “Drank a little red wine called ‘Beaujolais Villages’ this afternoon – the label said ‘Jadot’ from France. Loved it. Soft and fruity and easy to drink. I want some more.” Now, that's a wine you will buy again because you remember it because you wrote it down.

(Editor's Note – Roudebush functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine)

Let's Keep Our Local Sludge Ordinance
Vote **NO** on Article 2

Article 2 is deceptively worded.

- › To rescind our local ordinance and only adopt the state rules will NOT adequately protect public health, wildlife, soils, surface waters, and ground water as Article 2 claims.
- › Adopting the state regulations is NOT adopting by reference a Health Ordinance as Article 2 claims.

Under Article 2 we would loose all control of where industrial waste containing Class B sludge was generated, what it contains, how, where and when it could be spread.

- › The state sludge management policies are the most lenient of any state. Under these regulations sludge can be stockpiled for 2 years during which time contaminants (not just metab, but re-activated pathogens, endotoxins and persistent organic chemicals) can enter your groundwater or a neighbor's well causing serious health consequences.
- › 50 NH towns have local ordinances like ours to prevent potential catastrophes.

Under our local ordinance, local Class A sludge produced in Woodsville, can be used in Haverhill.

Vote **NO** on Article 2
To retain local control over our local sludge and our local spreading practices.

“Keep the Land and the Land will keep you.”
If you have questions about this complex issue please call 603-204-8998
Contact Shirley Brilli or Susie Tern locally

All the Major Name Brand
Appliances you can Trust



Quality Appliances / Dependable Service

PERRY'S
DIE SERVICE INC.

173 Main Street
Bradford, VT 05033

(802) 222-9211 / 800-654-3344

Fuel Oil - Propane - Appliances

LISBON Village PIZZA



603-838-9050

99 NORTH MAIN ST.
LISBON, NH

HOURS:
OPEN 7 DAYS A WEEK
Sun-Thru 11am-9pm
Fri-Sat 11am-10pm

Gift Certificates Available
In the Business Since 1973

**Got Music CD's?
Now Consigning
& Selling
Used Music CD's
Trendy Threads**



171 Central St. Woodsville NH
(603) 747-3870
Tuesday - Friday 9:30 - 5:00
1st & 3rd Saturdays 9:30 - 5:00
TrendyThreadsWoodsville.com

Flatlander Foreign Auto Opens In Haverhill

Haverhill, NH -FEBRUARY 16, 2012- FLATLANDER FOREIGN AUTO LLC opens in Haverhill. ROBERT DUBE, formerly of Nashua, NH opens FLATLANDER FOREIGN AUTO LLC in Haverhill. Bob has a wealth of experience with all makes and models of vehicles, specializing in foreign auto diagnostics. He hopes to bring his extensive knowledge to people currently traveling out of the area to have their foreign cars serviced.

With a career spanning 30 years, Bob has honed his skills working 22 years at the largest independent foreign

auto repair facility in Nashua. He, then, worked at a Nissan/ Honda/Isuzu/Kia dealership before moving here from the "big city" 7 years ago. After a few years at Carroll Concrete in Lebanon doing heavy equipment repair, Bob moved to Gerrish Honda. Most recently, he has worked at Hood's Plumbing in North Haverhill, while he built his garage in Pine Park.

Flatlander Foreign Auto LLC is a testament to Bob's work ethic with amenities for him to do his job well and for his customers to relax in a pleasant surrounding, with a

comfortable waiting area complete with Wi-Fi, great views and a nice neighborhood for a stroll, if you so choose.

Dube has a proven track record of prompt, efficient, thorough service. He has kept his costs down to be able to pass savings onto his customers. With a hourly rate of \$45, Bob stands by his motto, "Fast, fair and fixed right!"

Flatlander Foreign Auto LLC is located at 114 Pine Park in Haverhill, minutes off Route 10. Call (603)989-3335 for an appointment or for additional information.

Mayo's Furniture
AND FLOOR COVERING

HOURS
FRIDAY 9:30-5:00
SATURDAY 9:30-4:00
SUNDAY 11:00-4:00
MONDAY 9:30-5:00

802.748.8725 • 802 RAILROAD STREET • ST. JOHNSBURY, VERMONT

Get the most value for your tax refund now...

THREE FLOORS, WALL TO WALL & FOUR DAYS ONLY

Everything

IS ON SALE
& DELIVERED TO YOUR HOME FREE
12 MONTH NO INTEREST FINANCING AVAILABLE

Hurry In
❖ FOUR DAYS ONLY ❖
Friday, March 9 9:30-5:00 • Saturday, March 10 9:30-4:00
Sunday, March 11 11:00-4:00 • Monday, March 12 9:30-5:00

Keep your tax refund local.
Shop local. Shop Vermont.
American made & locally made furniture.

Great Selection at Great Prices



table 4 chairs & hutch set
WAS \$3059 NOW \$2399



bedroom set WAS \$3395 NOW \$2699



England sofa
SALE \$789



Lane sectional with ottoman
SALE \$2399



England sofa
SALE \$1069



Lane sofa
SALE \$889



The 72nd Annual Cohase Lions Club A. P. Hall / T. Borden Walker Northern Amateur Basketball Tournament ended on Sunday night, February 26th, much the same way the whole tournament went, overtime. A total of four overtime games were played in the double elimination format, including two that went to double OT. The eventual winners, Barre Wood, won their first game, then lost, their second game. That meant they had to play and win three times on Sunday to take the crown. Congratulations on "running the gauntlet".



The Bath Village School basketball teams would like to thank Riggie Electric and the Happy Hour Restaurant for their help in purchasing their new uniforms. Back: Kyleigh Lamarre, Madison Lewis, Aime Dauphine, Billy Green. Front: Ethan Riggie, Leah Rutherford, Emma Sulham, Hannah Romprey, & Orin Ilsley



The First Congregational Church of Haverhill called its latest minister during a meeting following his service at the church on Sunday, February 26. The Rev. David Norling (third from right) is shown with his wife (fourth from right) and members of the church's search committee.

Culinary & Wine Tasting Event

The Above The Notch Humane Society is happy to announce that some fourteen local chefs will be participating in their Culinary & Wine Tasting Event on Sunday March 18th in the Great Room of the White Mountain School on Profile Road in Bethlehem, NH. The chefs come from many local establishments and will be prepar-

ing some fine appetizers and entrees for those attending to sample. There will also be several varieties of wine to be tasted and tested. All of these products are being donated by the chefs and their businesses.

The event will run from 3:00 until 6:00 PM and will also feature Katie Rose with live entertainment. Plus the

Humane Society will have some of their beautiful creatures on site. There will also be a cash bar on site. The \$30.00 event fee will be used to support the No Kill

Animal Shelter run by the Society. Advance tickets can be purchased at the Littleton or Lancaster branches of the Woodsville Guaranty Savings Bank, or at Root

Restaurant in Bethlehem. For more information or to reserve your ticket call Richard Larcom at 603-823-9053 or email: rwlarc@gmail.com

North Country
APPLIANCE SERVICE
603-787-6677
DON BOWMAN - OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Hal Sheeler
NH & VT REALTOR®
Century 21 Energy Shield Realty
MAILING ADDRESS:
P.O. Box 858 Hanover, NH 03755
PHYSICAL ADDRESS:
367 NH Rte 120 • Unit B7 Hanover Rd. Professional Center
Lebanon, NH 03766
603 643-2039 Ext. 212 Direct
603 398-2151 Cell • 603 643-0127 Main Office
hlsheeler@c21energysield.com • www.halSheeler.com

HAIR CUTS FOR THE HOUSEBOUND
Stylist licensed in VT and NH
\$25 includes travel to your place and haircut
(will travel within 30 miles of Monroe)
Call Margie (603) 638-3017

quiet family oriented camping
ON THE CONNECTICUT RIVER
THE PASTURES CAMPGROUND
• Heated Pool
• Kayak, Canoe & Pontoon Boat Rentals
(available to non-campers, as well)
603-353-4579 • www.thepastures.com
Route 10, Orford, New Hampshire
(Sorry, We're Already Full on Memorial Day and the July 4th Holiday)

Need a car...and financing?
Find us on Facebook

Interest Rates as low as 1.59% *Wow!*



2009 HONDA ACCORD EX
Gorgeous well cared for Honda, Automatic, A/C fully equipped, 40k miles
Asking \$17995 obo
2.75% 75 mos., 0 down, for qualified borrowers



2009 FORD F150 X-CAB 4WD 60K
Real Head Turner, and its fully equipped.
NADA Bank Value \$24,450.00
Rebates (February Incentive) ~~(\$2,455.00)~~
Asking \$21995.00 obo
3.25% 84 mos., 0 down, for qualified borrowers



2007 HYUNDAI SONATA
Very nice car, good condition, Automatic, A/C, fully equipped, 88k miles Warranty!
Asking \$9800 obo
2.75% 75 mos., 0 down, for qualified borrowers



03 CHEVROLET MONTE CARLO SS
Automatic, Leather, moonroof, a/c 68k
Asking \$10,500 obo
1.99% 63 mos., 0 down, for qualified borrowers



10 FORD FOCUS SEL
Auto, loaded, Only 29k miles
NADA Bank Value \$15,975.00
Rebates (February Incentive) ~~(\$980.00)~~
Asking \$14,995.00 obo
2.75%, 75 mos., 0 down, for qualified borrowers



2005 TOYOTA RAV4 4WD
Affordable Toyota reliability, Loaded, 91k, Blue
Asking \$15,995 obo
1.99% 63 mos., 0 down, for qualified borrowers

A NOTCH ABOVE
AUTOMOBILE CO.

US Rte 5 Bradford, VT 222.5533
West Main Littleton, NH 444.7755

notchaboveauto.com

Ask about our **Guaranteed Credit Approval**

Not all Times are Trendy but there will always be Trendy Times

March 6, 2012 Volume 3 Number 11

Car Talks – Timing Belts & Chains

By Mike Lavoie

(Editor's Note – This fourth submission for TRENDY TIMES is from ASE Certified Master Tech Mike Lavoie, owner/operator since 1980 of Lavoie's AutoCare Center in Haverhill. Mike was recognized in 2006 with the nationwide honor of NAPA ASE Tech of the Year. He says he has no problem with the word "mechanic" because "they have always been the person who can fix things". The AutoCare Center he now runs was begun by Mike's Dad Joseph in October of 1949)

proper operation of any vehicle. It needs replacing at specific times, as recommended by the car manufacturer.

SO WHAT'S A TIMING CHAIN?

A timing chain has the same job as a timing belt, turns the camshaft, but due to the material it's made from, steel, they are much more durable and normally last the life of the engine.

WHAT'S A CAMSHAFT?

That's a lot of "what is" going on here. Really, you don't know?

REALLY, I DON'T KNOW. HEY, THIS IS A QUESTION AND ANSWER COLUMN. THE QUESTION IS

WHAT'S A CAMSHAFT. WHAT'S THE ANSWER?

Ok, here we go. It's an engine shaft fitted with cams, called lobes. In internal combustion engines with pistons, the camshaft is used to operate valves. It consists of a cylindrical rod running the length of the cylinder bank with a number of oblong lobes protruding from it, one for each valve. The cams/lobes force the valves open by pressing on the valve, or on some intermediate mechanism as they rotate. Springs on the valves return the valves to their closed position. This is a critical job and can have a great impact on an engine's performance at different speeds

I GOT MOST OF THAT BUT I DON'T REMEMBER EVER SEEING A CAMSHAFT I GUESS I WOULDN'T SEE ONE UNLESS I WAS WORKING INSIDE AN ENGINE, RIGHT?

That's it. The key parts of any camshaft are the lobes. As the camshaft spins, the lobes open and close the intake and exhaust valves in time with the motion of the piston. It turns out there is a direct relationship between the shape of the cam lobes and the way the

engine performs at different speeds.

SO WHERE DOES THE TIMING BELT OR CHAIN COME INTO THIS PICTURE?

Ok, the crankshaft turns the belt, and the belt turns the camshaft. You do know what a crankshaft is right?

OF COURSE I DO. WHAT DO YOU THINK I AM, MECHANICALLY IGNORANT? KEEP GOING.

Right. The belt turns the camshaft and it all has to be in perfect TIME so that the pistons and valves never come into contact – that happening means a very expensive repair. These belts are to be replaced at intervals. The belt can also drive the water pump, so on many vehicles, the water pump should be replaced at the same time. I have seen water pump failure cause the timing belt to fail – this is because the timing belt has ribs that keep it in time and with an inoperative pump, this belt can't move the way it should in relationship to the crank and cam and severe damage can occur.

The camshaft and the crankshaft have marks on them that must align per-

fectly. This is extremely important otherwise the valve timing will be off and even one tooth off, or one cog off, can cause engine performance problems, from lack of power to poor fuel economy. The belts themselves can become cracked and broken just due to heat and wear. These symptoms could be noticed after a timing belt may have jumped a tooth or jumped a cog or been installed improperly. When a belt breaks, the engine will not start – this condition is usually distinguished by the sound of the engine spinning much more quickly than normal and that is because no compression is being built up in the cylinders. So, it's pretty important to follow the maintenance schedule for your vehicle.

ANYTHING ELSE?

It is also vital to keep the oil changed at regular intervals –so of course this means the proper oil type and viscosity and always clean –camshaft operation can be affected adversely by improper oil pressure or dirty oil. Some older engines required the chain tension to be checked and adjusted manually. I feel strongly about keeping oil changed using a quality oil in all engines – this is an inexpensive means of protecting all engines.

WHAT ELSE TODAY?

Always something else. Last time we talked a little about big critters, cows - lifting them out of high water with a wrecker. This time we talk a little about smaller critters. I would like to pass on a new trick that was shared with me by a very good customer Laura Richardson to keep mice out of your vehicle. Take a small piece of sponge and dip it in essential oil of peppermint that you can get at a health food store. Put that dipped sponge into the engine compartment, or in the passenger compartment of the car or truck itself to keep the mice away. We have seen a lot of damage to vehicles this past fall and winter and Laura overheard me explaining the damage to a customer and passed on her hint. Why don't you try this and let me know how it worked for you? Any car stories that include animals are OK.

March 6, 2012 Volume 3 Number 11

Not all Times are Trendy but there will always be Trendy Times

WHAT'S A TIMING BELT?

A timing belt is the belt that turns the camshaft, or camshafts, depending on the design of the engine. It's pretty important to the

Water Heaters Appliances Generators Heaters

PATTEN'S GAS

603-787-2422
240 Brushwood Road
North Haverhill, NH 03774

JOE BOUTIN, JR. & SON
Logging & Excavating

DEERE

- Retaining Walls
- Lot Clearing
- Foundations
- Driveways
- Stumping
- Septics
- Ponds

133 Tunnel Stream Road
Benton, NH 03765

Phone: 603-787-6063
Cell: 603-443-7779
Fax: 603-787-6163

Trendy Threads
Quality Consignment Clothing

A Twist on Recycling

Reduce the clutter in your closet. Take out those clothes you no longer use or need.

Reuse: "Pass it on". Clean items in good repair may have been outgrown by your family, but may be just right for other area families.

Recycle: Turn clothing into cash! Consignment sales result in new cash to add to your family's budget.

Call or visit our website for more details.
www.TrendyThreadsWoodsville.com

9:30 to 5:00
Tuesday - Friday
1st & 3rd Saturday

171 Central St.
Woodsville, NH
603-747-3870

Are You On facebook ?

"Like" these advertisers on Facebook and show your support for our local communities.

 Undercovertents	 Bradford Sports Equipment & Apparel	 Tom George General Auto Repair
 A Sharp Edge	 Robert's Thrift Store	 Littleton Food Cooperative
 Lisbon Village Pizza	 The Pastures Campground	 Beal House Inn
 Cheap Kids	 Vickie Wyman, New Hampshire & Vermont Real Estate	 Custom Support
 Trendy Threads	 UNH Cooperative Extension - Grafton County	 WYKR 101.3 FM
 Dead River Company	 Mayo's Furniture & Floor Covering	 A Notch Above Auto

The Wild & Scenic Film Environmental Film Festival

The New Hampshire Rives Council is proud to be hosting The Wild & Scenic Film Environmental Film Festival, one of the largest environmental film festivals in North America. Please join us at the Red River Theatres in Concord, NH on Saturday, March 31, 2012 and plan to make a difference while watching short films you won't see anywhere else. The Wild and Scenic Environmental Film Festival works with environmentally conscious groups across the country to host four venues as a way to reach out to their communities and bring together diverse audiences. The goal is to use film to inspire activism.

The New Hampshire Rivers Council is the only statewide conservation organization dedicated to the protection and conservation of New Hampshire rivers. Since its' founding as the New Hampshire Rivers Campaign in 1989, the Council has worked to educate the public about the value of the state's rivers, designate

rivers in the state's protection program, and advocate for strong public policies and wise management of New Hampshire river resources.

This year's festival is even bigger and better than the last sold out show. A matinee is being offered with a craft activity for kids. The recommended age for the matinee is 6 to 10 years old, but would be enjoyed by all. One parent is admitted free with the purchase of an \$8 children's ticket, or two children are admitted for \$12. Space is limited for the craft activity, so get your tickets early. The evening portion of the show begins at 6 PM. Tickets to the 5 PM reception are available with a New Hampshire Rivers Council individual membership and one movie ticket for only \$30 or two tickets and a family membership for \$40. Individual tickets to the evening movies are \$10 each.

For further information and tickets visit www.NH.Rivers.org or www.RedRiverTheatres.org. This is a great opportunity to become a New Hampshire

Rivers Council member, support our state's rivers, enter to win great prizes, and have a fun and educational evening of viewing eight short movies spanning the world, celebrating rivers, nature, and the good work that people are doing to inspire us all. Special thanks to our many local sponsors and partners that are making this event possible including Vanasse Hangen Brustlin Inc., Checkmate Workforce Management Solutions, Comprehensive Environmental Inc., Forest Bell Environmental, Truslow Resource Consulting, Headwaters Hydrology, naturesource communication, Delta Dental, Rymes Propane & Oil Inc., Henry's Market, Concord Cooperative Market, Green Concord, Hermanos Cocina Mexicana, and Stonyfield Yogurt.

RICH CLIFFORD
CONCRETE FOUNDATIONS
SLABS, RETAINING WALLS, CURBINGS,
SIDEWALKS INCLUDING RAILINGS
NO JOB TOO SMALL
54 Clifford Drive N. Haverhill, NH
Rich Clifford
603-787-2573

AARON'S SLED SHOP
A Full Service Repair Shop • Serving All Makes & Models
Small Engine Repair • Snowblowers, Lawn Mowers, Etc.
Good Service at a Good Price • 25+ Years Experience
Pick Up & Delivery Available
PERSONAL SERVICE!
I answer the phone, I work on your sled & I answer your questions!
Available Almost Any Time! Nights/Weekends • Just A Call Away!
593 BRADLEY HILL ROAD • BENTON, NH
603-787-2244 • EMAIL: NHDOCO@NETZERO.NET

GRS Tire & Auto
Full Service Auto Repair
Foreign & Domestic
Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales
GARY SIEMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5

Congratulations go out to
Kimberly Simmons
For winning our March 1st drawing for a
\$50.00 Gift Certificate at
Trendy Threads
171 Central St
Woodsville, NH 603-747-3870
*(our next \$50.00 gift certificate drawing will be April 3, 2012,
come in and sign up, no purchase necessary.)*
www.TrendyThreadsWoodsville.com

Think Of All That
You Can Do With
The Money You Save!
\$24 PER ISSUE - THIS SIZE AD
CALL GARY AT 603-747-2887
FOR ALL THE DETAILS

INCOME TAX PREPARATION
Peter B. Lavoie
Personal & Professional • E-File • Payroll Services
OPEN MONDAY THRU SATURDAY
9:00AM - 8:00 PM
Drop-ins and Walk-ins Welcome
e-file
603-747-3613 Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03785

COUNTRY 101.3
WYKR-FM
Radio Flier
Northeast VT & Northwest NH Country
The 2012 High School Basketball Playoffs are here !!!

WPA **NHAAA**

Listen to live High School Basketball Playoff Action on:
WYKR - 101.3 FM !!!
Plus, on-line on the internet at:
<http://www.wykr.com>

Puffer Broadcasting, Inc. **COUNTRY 101.3**
WYKR 101.3 FM / WTVN AM 1100
P. O. Box 675 / 1047 US Route 302
Wells River, VT. 05081-0675
(802) 757-2773 / (803) 747-2770 / Fax: (802) 757-2774
www.wykr.com



CLASSIFIEDS

PERSONAL: For Sale, Wanted, Lost, Found: FREE for up to 25 words.
BUSINESS: Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.
MAIL OR DROP OFF: Trendy Times, 171 Central Street, Woodsville, NH 03785
EMAIL: gary@trendytimes.com *We accept checks, credit/debit cards or even cash!*

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. More than 30 years instructing. For info & to set up a day & time call 603-989-3255. 04.17

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, Reiki sessions and classes. 9+ years experience. Now also offering chair massage. Gift certificates available. 90 Farm St., East Ryegate, VT 05042. 802-757-2809. vtreikiretreat@yahoo.com, www.vtreikiretreat.com. 03.20

CHILD CARE

Are you looking for childcare in Woodsville area? I'm a mother of two young boys and I have a clean, smoke-free home. I have 2 openings for full or part time. Hourly rates or \$25 for full day. Close to Rt. 10 and 302. Meals and snack provided. Call Amber at 603-787-6829 03.06

WANTED

POMERANIAN PUPPY (or mix) papers not necessary. 802-274-0204 03.06

IRISH MUSICIAN(S) TO PERFORM at Groton Growers Farmers Market March 17. For more info, contact market manager, Mary Berleung at 802-584-3595 or grotongrowers@gmail.com 03.06

PAYING CASH FOR OLD WATCHES & POCKET WATCHES: working or not. Also old costume jewelry, medals, tokens, hunting knives, pens, pencils, cigarette lighters, Masonic & military items American & foreign coins, old unusual items. We make house calls. 603-747-4000 03.20

BUYING ANTIQUES of all types and periods. Furniture, signs, china, paper & all small items. 603-747-3585 03.20

LOOKING FOR RENTAL OR RENT WITH THE OPTION TO BUY - a ranch house or double wide, etc. with 3 bedrooms 2 bathrooms (all on one level) preferably in Haverhill, N. Haverhill, Woodsville area. Needs to be able to be handicapped accessible. Would be great if pets were ok. Call 603-989-3361 or cell 603-348-2404. jeshuaschild@gmail.com 03.06

FOR SALE

32" COLOR TV in good working condition for \$25. It's not being used and we want the space. Call 603-747-3870 (Tues-Fri days) 03.06

NEED A WINTER PROJECT? Have a massive, old solid oak bed. Large headboard 56x64. Footboard 56x30. Beautiful oak, partially refinished. For info call 603-787-6251 03.06

TWO (2) GOODYEAR TRACER-2 TIRES. 245-70-17, good condition. \$50. 603-787-6225 03.06

CPU DESK 39" long; 21" deep; 28 high; 2 drawers/ 2 cubbies, shelf. Cabinet 26" long; 17" wide; 23" high. \$125. PikeProse@gmail.com 03.06

SAP PAN, galvanized. 5'10" L x 24" W x 10" D. Has spout. \$35.00 firm. 802-274-0204 03.06

G4 APPLE COMPUTER: Runs 10.4, 1.5 GHz, 1G Ram, Reads & Writes CD & DVD. No monitor/keyboard. \$50. 704-303-9440 03.06

DELL COMPUTER: 2.5 GHz Processor Intel, 1 gig ram, 160 gig hard drive. Windows XP. Asking \$50 OBRO. 704-303-9440 03.06

BEDROOM FURNITURE: Dresser with mirror, armoire and nightstand. Good condition. \$100. 704-303-9440. 03.06

BEDROOM SET: Headboard all together with nightstand/armoire on each side, mirror behind headboard with lights above. \$150. Good condition. 704-303-9440. 03.06

GRANITE STATE OF MIND

By Rob Azevedo

Sudden Death And Its Cruel, Cruel Heart

This time last year, I was 10 pounds lighter, a few bucks richer, and my father's death was fresh as it gets. Just days old. The heartache was intense, I remember; the kind that flows from your eyes, your mouth, your skin, your chest.

The whole world is moving around you, but you can't stop staring at the floor.

For weeks I milked the sadness of his passing down to the root. I smelled his smoky breath on my face when I watched anything with Al Pacino in it. I reached for my cell phone more than once to call him and check in. I saw his face in my dreams, badgering me, saying, "Look at you. Forgot all about me already, didn't you?"

Good times, good times.

In the weeks that followed, I walked into numer-

ous clients' offices wet-eyed, having wept my way down Route 101 to the coast. I stopped listening to Stern. Stopped cranking Bruce. Stopped... well, I didn't stop doing that, but I thought very seriously about it.

It was bad.

Cancer took my father and bent him in half. Cut him to pieces. Torched his mind, body and soul. But it also, thankfully, allowed our family time to understand our father as best we could, to sympathize with his past, celebrate his successes, and dissect the anger and bluster that made him who he was.

Although I wish I could sink a row of venomous teeth into the neck of cancer, I'm glad that it took its time to kill my father. At least you gave us that, you loveless, filthy animal.

It wasn't until recently that I started to appreciate the way my father died. Sure, he was amputated and rode harder than a wild Palomino, but he died anything but suddenly. Sudden death doesn't grant that kind space for contrition and resolution.

Just ask my dear friend, Louie, and his beautiful sister, Lori.

Two weeks before the one-year anniversary of my Dad's death, Louie's father up and died on him. Boom, like that. No warning. No kiss to the forehead. No goodbye.

Damn.

And the only thing you can do when that deal goes down is grab your buddy by the shoulders. Don't bother philosophizing; he can't hear you. Fetch his beers, light his smokes, offer him a chew,

just let him marinate his way through this terrible ordeal.

Hell, if he needs to sit on your lap, let him.

Sudden death is a meaner death. It seemingly curses out everyone in the room except the person dying. It offers no cushion, no flex time before an illness is revealed and the real conversation begins. It's just BAM, I'm outta here.

Rude, if you ask me.

Louie's old man died with his head on a bed pillow, under the covers, maybe in bed pants and a t-shirt, probably dreaming about dropping a three-pointer on some sad sack from Oyster River back in the '60s.

In that sense, it was a wonderful way to go. A quick jolt, then light. Next thing you know, "The Case" is talking love songs with Frank and Whitney on a cloud of pudding somewhere.

Nice, for him and only him.

Like anyone who has lived through someone dying suddenly, you only wish you had the chance to say "good-bye." I mean, it is the proper thing to do, is it not? Within that good-bye, a million sorrows can be cured. Resentments wiped clean.

Chains cut loose. But no, no, no, sudden death is a mean-eyed cat, a slippery, passive-aggressive form of death.

It knows what it's doing and it never pays its tab.

Louie never got the chance to be stuck in traffic for hours with his father on the Zakim Bridge, heading into Mass General for blood tests. Those moments, though filled with strife and anxiety, would have allotted Louie the time to tell his father just how much he loved him. And vice-versa.

His sister, a stoic and gutsy woman, was robbed of the opportunity to serve her father, to wipe his mouth clean of disease, to shop for him, to comfort him, to question him on why he chose to tie the knots in their relationship so tightly.

So, the next time you decide to lean on the old adage of "I hope I go in my sleep," think hard on that vision and consider those you'll leave behind, aching only for the chance to say "good-bye," to say, "No matter what, I love you. I've always loved you."

Trust me, Louie and Lori would likely choose amputation over a lifetime of unanswered questions.

Contact Rob Azevedo at onemanmanch@gmail.com.

Letter To The Editor

Commenting on the upcoming warrant article to be voted on at the polls on election day of town meeting night, in March. - the discontinuation of the Town Manager position for the government of Haverhill.

Of course this issue concerns our current Town Manager, Glenn English, the only person to hold that title since the town voted it into existence many years ago.

There are people who know Mr. English better than I do, and there are many who don't know him as well as I do. I know him well enough to have worked with him in various capacities over the last eight years because I have served on several boards, both planning and zoning, both in Mountain Lakes and the town of Haverhill itself. We have not always agreed on every issue. Who does? I have also had occasion to just seek his help or ask for information as any Haverhill resident might do.

I have always found him more than willing and able to be of service. I call him a straight shooter. I can understand how a reasonable man might interpret Glenn's communication style as "abrupt", but I am not one of them. The way Glenn deals with inquiries from me has always been well-informed, helpful and to the point. He takes time out of his day to discuss matters with me when I walk into his office without previous notice. I appreciate such honest dealings, and wish more people handled themselves that way.

Should we keep the Town Manager system of governing? That's a different question than "Is Glenn English doing a good job?" I don't see anything wrong with either of them.

Robert Roudebush
Mountain Lakes, North Haverhill, NH

(Writer's Note: Although this letter to the editor is written by Robert Roudebush, who is a contributing writer to Trendy Times, this letter was not solicited - it was neither encouraged nor discouraged.)

Robert,

As I do with all of your contributed articles, I thank you for your time, talent and thoughts. The question of Town Manager or no Town Manager in Haverhill is of very large importance, in my opinion. It is the current form of government that the voters of Haverhill have twice decided that we, as residents of Haverhill, should have. The question, as you point out, should not be about the person in the seat, but rather a question about the seat itself.

I would urge all voters of Haverhill to take the time to go to the polls on Tuesday, March 13. They will be open from 8:00 AM until 6:00 PM at the Morrill Municipal Building. This one questions alone is well worth your time and effort to be sure your voice is heard.

Also on the ballot this year is a question regarding sludge in the town of Haverhill. (See article on page 5). Again, please find out about this issue before you vote.

Remember also that the annual town meeting will reconvene that evening at 7:30 at the Haverhill Cooperative Middle School, to vote on many other vital issues for the town of Haverhill for the ensuing year.

Gary Scruton, Editor

Letter To The Editor

We write to express our support for retaining the Town Manager position in Haverhill and to urge our fellow citizens who desire impartiality and fairness in government to do the same. Although relatively new (since 2009) to the area as voting, full-time residents, we have been following Haverhill politics since building a house here in 1991.

We are seasoned enough citizens to reasonably assert that (1) the Town Manager position is the generally accepted model for professional, unbiased, management of public resources in our form of government; (2) because the Town Manager's authority is fact-based and not easily compromised through political pressure, the management decision-making is more likely to be transparent and earnest; and (3) since the establishment of the position in Haverhill, the professional management has yielded tangible benefits to the town including attracting investment even in the face of a declining economy.

We glean from others' letters and some articles that there is dissatisfaction with the demeanor of the present Town Manager which seems to have confused the question of whether the position of Town Manager is

beneficial with whether the incumbent gets along with everyone. Personalities aside, we believe it is important now more than ever to retain the position, particularly in the current environment of virulent pettiness and special interests that impede solving serious problems across the spectrum of political entities nationwide at all levels.

We need to be sure that Haverhill's Town Manager will be evaluated on the basis of accomplishments in the face of budgetary constraints and economic realities and not on whether some people think he is gruff or impatient. (If personality counts so much, when the time comes to choose the next Town Manager, we can seek candidates who are both technically qualified (as the incumbent is) and also "kinder and gentler.")

In order to maintain stability and "stay the course" of sound management, we urge our fellow voters to focus on the value of the position and not the personality of the person who currently holds it. In short, we believe fairness and good management trump "warm and fuzzy" every time.

Sincerely,
Patricia A. and Daniel J. Brady, Jr.

Patricia & Daniel,

Thank you for the expression of your opinion on this important matter. Thank you also for being involved in the process of town government.

Gary Scruton, Editor

Letter To The Editor

Dear Haverhill Tax Payers,

On Tuesday, March 13, 2012 during the day, you will be asked to vote on Article III: "Do you favor continuation of a Town Manager Plan as now in force in this town?"

We need to vote YES on this Article III.

The town manager form of government has done a lot to improve our town and saved the taxpayers a lot of money.

I hear that a lot of people would like to get rid of Glenn English because of this attitude towards people that disagree with him.

Glenn will be retiring soon because of his age and lengthy service for the Town of Haverhill.

Now, this is not the way to get rid of a Town Manager and replace him with a Town Administrator.

The Selectmen do not have the time or the knowledge to manage a Town Administrator.

So please, will you pass this on to your friends and neighbors.

Yours truly,
Edward C. Patten

Ed,

This is the third letter received and printed in this edition of Trendy Times regarding this question. As I said to the others, thank you for your time and efforts and opinion. You make a couple of points here that others have not. Thank you.

Gary Scruton, Editor

Letter To The Editor

To the Editor,

The Bradford Conservation Commission supports the Vermont Working Lands Enterprise Investment Bill (S.246/H.496) that is currently being considered in the VT Legislature. We support it because it recognizes the people who work on the land as entrepreneurs and business owners, and because it acknowledges that agricultural and forest product businesses that are tied to the land or that create value-added products have specific challenges in the current financing system.

The conservation of the working landscape is a high priority for Vermonters, and Vermonters need to recognize that the working landscape depends on a strong forest and farm economy. The working landscape benefits all Vermonters, and we hope our Legislators will work hard to find the needed funds for this important economic development program.

We appreciate our Legislators who have been working on and championing this bill. To learn more about the VT Working Lands Enterprise Investment Bill, go to www.vtworkinglands.org.

Bradford Conservation Commission
Bradford, Vermont

Dear BCC,

Thank you for the update and information about this important piece of legislation. It is assuring to know that such organizations as yours are around and willing to speak as a group to such matters.

Gary Scruton, Editor



RON DEROSIA
Owner/Technician

R&M AUTOMOTIVE SERVICE CENTER



585 Benton Road • PO Box 385
North Haverhill, NH 03774
603-787-6408 • rmauto@randmauto.net

Sea Buckthorn Berry Benefits

Sometimes an herb just amazes me! According to the "infamous" Dr. Oz's introduction and research from many sources, these are a few of the benefits of Sea Buckthorn berries. Sea buckthorn, a plant which produces the orange-colored sea buckthorn berry, and is grown primarily in the mountainous and colder regions of China, Russia and Canada, is rapidly becoming popular throughout the world for the hundreds of potential benefits it provides, both nutritionally and medicinally. Whether taken internally, in the form of a juice, tea or supplement, or applied topically to the skin in oil, lotion or cream form, sea buckthorn is beginning to earn a reputation as a "super fruit" for its ability to both heal and prevent a wide array of illnesses and conditions.

* Acne: The anti-inflammatory agents in sea buckthorn, such as quercetin and salycins, together with the immune boosting fatty

acids mentioned above, work in harmony to help address the 3 main culprits of acne: immune system (rich in vitamin C), hormone imbalances and chronic inflammation.

* Anti-aging: Rich in vitamin A and vitamin E, sea buckthorn can help reduce the appearance of wrinkles and retard premature skin maturation.

* Chemotherapy: The flavonoids in sea buckthorn can help cancer patients recover more rapidly from the effects of radiation and chemotherapy treatment.

* Cardiovascular benefits: Sea buckthorn is rich in unsaturated fatty acids, including omega-3, omega-6, omega-7 and omega-9 oils, which experts believe can significantly help improve heart health and drastically reduce a person's risk for heart attacks and strokes.

* Cell repair and rejuvenation: Studies show that sea buckthorn can aid significantly in

the repair and rejuvenation of the body's cellular structure.

* Cerebral health: The fatty acids, flavonoids and carotenoids found in sea buckthorn not only help reduce the risk of stroke, they promote overall brain health and memory.

* Cholesterol control: The flavonoids and essential fatty acids in sea buckthorn help to increase the good cholesterol (HDL) in your blood and reduce your risk of conditions such as coronary heart disease and stroke. Also, phytosterols reduce the amount of cholesterol that you take in during meals.

* Fatigue: Sea buckthorn is rich in many important vitamins such as vitamin C and vitamin E, and can help reduce some of the more common symptoms of fatigue such as low energy and muscle tension. Sea buckthorn may even help promote a more restful night's sleep.

* Gastrointestinal health: Sea Buck thorn seed oil is an effective treatment for gastric ulcers as it normalizes the output of gastric acid and helps to reduce inflammation in the stomach and other gastrointestinal organs.

* Hypertension or high blood pressure: Extracts from all parts of sea buckthorn – bark, juice, leaves and oil – can be effective in treating high blood pressure. Its essential fatty acids help to lower blood pressure, and some research suggests that increasing flavonoids (which are abundant in sea buckthorn) intake also benefits hypertension.

* Liver: Clinical trials have shown that sea buckthorn can help normalize liver enzymes and immune system markers in those with inflammation or cirrhosis of the liver, and may help prevent the harmful effects of many substances high in toxicity.

* Menopause: Sea buckthorn is a natural lubricant and helps to relieve vaginal dryness that may occur during menopause.

* Skin diseases: Several studies have investigated sea buckthorn's ability to treat conditions such as acne, dermatitis, eczema, skin lesions and rosacea. Its skin-healing abilities are due to its high essential fatty acid, flavonoids, protein and vitamin content.

* Sun Block: Sea buckthorn naturally absorbs the sun's harmful UV rays which can cause skin damage and may lead to skin cancer.

* Wound and burn healing skin rejuvenation: Palmitoleic acid, which is just one of the fatty acids produced by sea buckthorn, is a naturally occurring substance in the skin. Thus, sea buckthorn has proved very effective in the treatment of wounds, burns dermatitis and even cancers of the skin.

March 6, 2012 Volume 3 Number 11

Not all Times are Trendy but there will always be Trendy Times

MEADOW LEASING

Littleton, N.H.



Ground Level Containers
20' - 40'



Office Trailers



Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026

Let Us Help You With All Your Storage Needs.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 250 medicinal bulk herbs, tinctures, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

Have You Been Thinking About Joining Your Local Chamber of Commerce?

In these economic times, it just makes sense to work together!

Membership Drive for 2012 Now in Progress

Reason #6

FREE WEB PAGE!

We will help you design a simple web page and host it on our site, along with a free email address in the form: your.name@cohase.org

Reason #7

We Sponsor Popular Tourism & Marketing Events

such as Whole Hog BBQ & Music Festival, Paddle the Border, Artisans' Studio Tours, Alumni Hall Photo Contest, & Farmer's Markets

Reason #8

Constant Contact™ Email Marketing Discount

Save 20%-25% on your subscription to Constant Contact

MEMBERSHIP BENEFITS INCLUDE...

For more info go to: <http://cohase.org/joinbene.shtml> or call 802.757.2549



Watch for MORE Top Ten Reasons Soon!

RICH SAFFO

Concrete Form Co., Inc.

Since 1978 Continuous Service

Phone: 603-787-6747 Fax: 603-787-6560

FREE simple federal tax return. (Federal Form 1040EZ)



H&R BLOCK®
NEVER SETTLE FOR LESS™

79 Central Street • Woodsville, NH 03785
Phone: 603-747-8141 • Mon-Fri 9:00 am to 8:00 pm
Sat 9:00 am to 5:00 pm

Type of federal return filed is based on taxpayer's personal situation and IRS rules/regulations. Form 1040EZ is generally used by single/married taxpayers with taxable income under \$100,000, no dependents, no itemized deductions, and certain types of income (including wages, salaries, tips, taxable scholarships or fellowship grants, and unemployment compensation). Fees apply with Earned Income Credit and for state returns. Taxpayer must meet IRS criteria to use Form 1040EZ. Available at participating U.S. locations. Offer expires February 29, 2012. ©2011 HRB Tax Group, Inc.



The Haunted Mansion Disneyland Anaheim, California

No, I'm not pulling your leg. The Haunted Mansion at Disneyland's Anaheim resort is...haunted. Yes, a fake haunted mansion is really a haunted fake haunted mansion (If your brain just exploded from an aneurysm, I apologize). Call it truth in advertising, there has been numerous stories about the famous ride being a place for more than just fake specters and ghosts, but a host to many real ones. The ride opened in the summer of 1969 and though that means the ride is forty-three years old now, the animations are timeless and really show why Disney is a magical place to go and experience.

For those who haven't had the joys of riding the ride at either its California or Florida counterpart, the ride goes (without giving away too many details): you get in these carts (also known as "Doom Buggies") and it's basically a tour through a haunted mansion where this scary narrator takes you through a journey of fright through haunted ballrooms to spooky graveyards. The ride

isn't really all that bad and actually had me laughing through it while I was a child riding the one in Florida (course this was after my grandfather told me to scream back at the ghosts, which helped). But what about the real haunted history?

There is one story about how a man crashed his single pilot plane into a lake nearby the park. Some employees have said that this man, known as "the man with the cane", has settled in the Haunted Mansion. He is seen mostly at night, after park hours. Another man, known as "The man in the tuxedo", this shadow figure type spirit actually caused a ride employee to quit her job, because it spooked her so much. She was standing by where the visitors exit the ride and there's a mirror where she can see when riders are coming up behind her. She kept on seeing a shadow, but when she checked there was no one there. She then stated that she felt a cold presence and a hand on her shoulder.

Death at the mansion? Yes. Actually there has been

a real life death at this attraction. Attraction deaths are sad, but common accidents, and the Disneyland Haunted Mansion is no stranger, but only one such death has happened. One night, two teenagers were riding the ride, and they came to this point called "The Séance Room." Basically it's a room where this woman's face inside a crystal ball is conducting a séance and all these items are flying around the room. One of the boys wanted a closer look, so he got out of the doom buggy and walked along a walkway. What he did not realize though, was that there's a gap and he ended up falling fifteen feet to his death.

If you're planning a trip to Disneyland, remember the ghost you're screaming at may not be just an illusion after all. Until next time, this has been Scared Sheetless. Happy hauntings, graveyard disciples.

Resources: theshadowlands.net

For more scares go to scaredsheetlessnccn.blogspot.com

TRENDY TIMES STAFF

EDITOR / PUBLISHER.....GARY SCRUTON
 EDITOR'S ASSISTANTJANICE SCRUTON
 SALES.....LAUREN M. LOSCHIAVO,
 GARY SCRUTON, BARBARA SMITH
 GRAPHIC DESIGNJEANNE EMMONS
 BOOKKEEPINGKATHY GOSLANT
 TRANSPORTATION
 COORDINATOR.....BARBARA SMITH

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
ads@trendytimes.com
 171 Central St. • Woodsville, NH 03785
 Tuesday – Friday 9:00am - 5:00pm

Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.

DISTRIBUTION SPECIALISTRICK FIDDOCK
 CONTRIBUTING WRITERSSHEILA ASSELIN,
 MARIANNE L. KELLY, ELINOR P. MAWSON,
 MELANIE OSBORNE, ROBERT ROUDEBUSH
 MOVIE SCRUTONIZERASHLEY SCRUTON
 SCARED SHEETLESS.....JAMES PARADIE
 TRENDY KITCHEN.....RHONDA MARSH



A FREE PUBLICATION

TRENDY TIMES
www.trendytimes.com

**Estate Auctioneers
and Appraisers**

Specializing in
On-Site Auctions
and
Estate Appraisals
Antique to Modern

Steenburgh

779 Jeffers Hill Road • Pike, NH 03780 • 603-989-5361
josh@steenburgh.com • www.steenburgh.com

Sharpen Up!

Large And Small Kitchen Knives
Serrated Knives • Steak Knives
Small Hand Tools - Chisels • Etc.

Sean Kelly
 802-222-9258
sean@asharpedge.com

Contact Me For:
 Brochure • Pricing • Drop-Off • Pick-Up

Ted's Excavating

SEPTIC SYSTEMS • CELLAR HOLES • DRIVEWAYS
 WATER SYSTEMS • DUMP TRUCKS
 LAND CLEARING • BULLDOZING

603-787-6108

30 Years Experience • Fully Licensed
 2599 Lime Kiln Road • North Haverhill, NH 03774

J & A LAWN CARE

**SNOWPLOWING
& SANDING**

603-747-4030
 Woodsville, NH

**Trying to Cut
Down on Bills?
SWITCH TO
DISH NETWORK
AND SAVE!**

**Call us today!
to see how we can
save you money!**

dish
 NETWORK
 AUTHORIZED RETAILER

THE TV GUY
 Also: White Mtn. Satellite Systems
 Local Service Since 1976
 Route 302 • Woodsville, NH
 603-747-2233

All prices, packages and programming are subject to change without notice. Restrictions apply.

A Local Agent For A Local Company

We offer Vermont Mutual:
 Home • Auto • Business
 Good Claim Service
 Competitive Rates

VM
 Since 1828

**The
Taylor-Palmer
Agency**
"Insurance Service Since 1860"

Bradford, VT 05033
 802-222-5222 • 802-222-2903
www.taylor-palmeragency.com

**Trusted
Choice**

Serving the area for over 100 years!
 Auto • Home • Farm • Business • Life • Health



By Ronda Marsh

Crepes Quebec

Are you curious as to what "Crepes Quebec" are? Let me start by explaining what they are NOT. They are not the fancy, pale, almost translucent and paper-thin French Crepes Suzette, lovingly folded into triangles and draped with a flambéed orange sauce, created by a master pastry chef in a restaurant in Montreal or Paris.

Those are very nice, of course, but these ain't that. These are more of a country or peasant version, still thin and delicate, but allowed to brown a bit, and meant to be consumed as a main meal, with plenty of REAL maple syrup and perhaps with a side of sausage or ham.

Word on the street is that our unusually warm winter



has prompted an early sugaring season, with some sugar makers already gearing up for their first run. Keeping that in mind, now is the perfect time to break out the syrup and try some crepes.

I have literally been making these all my life, as has my mother, her mother before her, and her mother before her. My maternal ancestors were of hearty Scottish/Canadian stock, who lived and raised families in the remoteness of northern Quebec. Crepes were a staple meal, served often, especially during the Lenten season, which coincided with spring, when both maple syrup and eggs were plentiful. Today, in the age of readily available groceries, I make them all year long, just

because I adore them. Unlike my ancestors, I have a non-stick skillet, which makes the process much easier than the heavy cast iron fry pans of yesteryear. I also have come up with an actual recipe, instead of having to depend on the appearance of the batter to determine if you need a little more flour or a bit more milk.

People are often intimidated by crepes, but in actuality they are much easier to manage than traditional pancakes, which are bulkier and sometimes difficult to manipulate. Because the batter is quite thin, it will readily flow to coat the bottom of the skillet. As the edges of the crepe begin to cook and dry, you will be able to lift it to check the bottom for doneness. When you observe a few golden brown spots developing, flip the crepe and cook the other side. I keep a plate close by to place the finished crepes on, and another plate to act as a lid and keep the crepes warm as you cook. You can also place them in a low temp

oven, if you wish. Remember that the first one you cook will always be the worst one...the pan will become more seasoned as you go and you will develop a rhythm. When you're ready to eat, you can stack and butter several crepes before bathing them in syrup, or, you can roll them up then cut them into "rags". Serve them for breakfast, brunch, or dinner. Crepes Quebec is a simple, sturdy meal, as satisfying and delicious today as it was 100 years ago!

- 4 eggs
- ¼ teaspoon salt
- 2 cups flour
- 2¼ cups milk
- ¼ cup (½ stick) melted butter or margarine, plus more for swabbing the skillet.

Whisk eggs & salt. Add flour and milk alternately until smooth and incorporated. Add butter and whisk till smooth again. Allow to sit for at least 25 minutes before using, to allow the gluten to develop a bit. At this point, the batter can be refrigerated for up to 24 hours before using. When ready to cook, whisk the batter to reincorporate the ingredients. Preheat a 10" nonstick skillet over medium-high heat and brush lightly with melted butter. Using a 1/4 cup measure, pour batter into the pan, while holding the pan and tipping it to cover the bottom. Replace pan on the heat and allow crepe to cook for a minute or so, before lifting the edge of the crepe to check the underneath for doneness. When a few golden spots appear on the bottom, flip the crepe and cook the other side. Remove crepe to a plate and cover to keep warm. Repeat with remaining batter, brushing pan with butter between each crepe. Serve crepes with plenty of syrup and butter, along with sides of bacon, ham, or sausage. This makes enough crepes for 4 adults.

March 6, 2012 Volume 3 Number 11

Not all Times are Trendy but there will always be Trendy Times

FINAL DAYS

EVERYTHING

MUST GO

AT

D&S

FURNITURE

SPEND YOUR TAX RETURN MONEY HERE!

Liquidation

SALE

GOING OUT OF BUSINESS!

WE LOSE! YOU WIN BIG!

ALL-OUT PRICE BLOWOUT

SAVE THOUSANDS!

Nothing Held Back

Come In & Make An Offer

4745 Dartmouth College Highway
Woodsville, NH
603-747-3748

BARTON, VT – \$295,000

Hunting, Fishing and Kayaking are just a few fun ways to spend your days here! This home is a 4-season get-away situated on 39.9 acres of nature with almost a 1/2 mile of owned frontage on Baker Pond. House features open concept Kitchen-Dining-Living room, 2-bedrooms, full bath, mudroom/laundry room, fully enclosed 4-season porch complete with cozy propane fireplace and hood-vent for grilling on the porch with a wall of windows for enjoying views of the pond!

ALL ACCESS
REAL ESTATE ASSOCIATES
NHVT

Vickie Wyman, Owner/Broker
www.AllAccessRE.com
info@allaccessre.com
14 Ralston Road, Suite 1
Woodsville, NH 03785
Phone 603-747-3605
Fax 603-747-3606

CustomSUPPORT

We're here to help you!

- Custom Website Design
- eCommerce
- Website Hosting
- Custom Graphics

227 Cross Road
Bradford, Vermont 05033
802-222.4460

paul.hunt@customsupport.com

www.customsupport.com